

**BLACK BEAN BUDDAH BOWL**

1 portion

**INGREDIENTS**

- 3/4 cup of canned blacked beans, rinsed
- 2/3 cups of quinoa, cooked [122 g]
- 1/4 cup of hummus, [62 g]
- 1/4 avocados, diced [34 g]
- 3 tbsps of salsa, [54 g]
- 1/4 cup of coriander [4 g]
- 2 tbsp lime juice, raw

**COOKING METHOD**

- 1° Combine beans and quinoa in a bowl. Stir hummus and lime juice together in a small bowl; thin with water to desired consistency. Drizzle the hummus dressing over the beans and quinoa. Top with avocado, salsa and coriander.

**NUTRITIONAL INFORMATION**

|                              | PER 100 g | PER PORTION (466 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY                       | 114 kcal  | 532 kcal            | 27 %  |
| FAT                          | 4 g       | 19 g                | 30 %  |
| FATTY ACIDS, TOTAL SATURATED | 1 g       | 3 g                 | 14 %  |
| CHOLESTEROL                  | 0 mg      | 0 mg                | 0 %   |
| SODIUM                       | 290 mg    | 1350 mg             | 56 %  |
| CARBOHYDRATE                 | 16 g      | 73 g                | 24 %  |
| SUGARS                       | 1 g       | 4 g                 | —     |
| FIBER                        | 5 g       | 23 g                | 91 %  |
| PROTEIN                      | 5 g       | 23 g                | —     |